THE RULE OF THE NEW-CREATURE

To be Practiſed every Day, in all the Particulars of it which are Ten.

Gal. 6. 16. *And as many as walk according to this Rule, peace be on them, and mercy, and upon the Iſrael of God.*

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THE RULE OF THE *NEW CREATURE.*

I. BE ſenſible of thy Original Corruption daily, how it inclines thee to evil, and indiſpoſeth thee to good; groan under it, & bewail it as *Paul* did, *Rom.* 7.24. Alſo take ſpecial notice of your actual ſins, or daily infirmities, in Thought, Word, Deed. Endeavour to make your peace with God for them before you go to bed.

By { Repenting, and confeſſing them to God, working your heart to grief for them, by ſome melting conſiderations, as of Gods goodneſs to you, the unreaſonableneſs, & unprofitableneſs of ſin, the prejudice and damage thereof to the Soul, *John* 1.1,9.

By { Believing, or caſting your ſelf wholly on Chriſts righteouſneſs, for remiſſion thereof & reconciliation with God, *Rom.* 3.22.24, 25. Cleaving to Gods promiſes of pardon, and peace, *Iſai.* 43.25. *Rom.* 5.1. waiting till the Lord ſhall ſpeak to you, *Pſal.* 85.8.

II. Get your Union with Chriſt, and intereſt Chriſt cleared and confirmed to you daily

more & more, that you are a Branch in his vine, a Member in his body, 2 *Cor.* 13 5.

This may be done three wayes,

1. By daily renewal of your Faith, in Christ especially of that act of Faith, whereby the Soul knits or ties it self unto Christ, casts or roules it self on Christ for Salvation. Cause your heart in a solemn manner every day to act this part, or put forth this primitive act of Faith in the view of the whole Soul. The daily exercise hereof will increase and strengthen the Divine habit of Faith in the Soul, and make the soul sensible of the very act of it. By frequent believing you shall feel at your very heart, that you do believe so shall you have a witness in your self that you are in Christ, 1 *Joh.* 5. 10.

2. By examining your heart upon what grounds you take Christ to be yours.

1. A sight and sense of your sins, of the guilt and power, and punishment of them, and of your misery by them, *Mat.* 9. 13.

2. Your want of Christ seen, and felt at your very heart, to justifie, sanctifie, redeem, save you, else you are utterly lost, and undone everlastingly, *Luk.* 19 10.

3. Gods free, and general offer of Christ to any that will take him by Faith, *John* 3. 16.

Manifold promises to this purpose The ground of all Gods offers, and donations of Christ, being free

free Grace, [illegible]y, undeserved Love, *Eph.* 2.4.5.7. *Tit.* 3.4,5,6.

4. Christs sweet and gracious invitation of such to come unto him as are weary of sin, *Mat* 11. 28. To buy as have no money, *Isai.* 55.1. no worth or desert in themselves.

5. As sinful vile wretches as you are, have been sought of Christ, and found in Christ, as 1 *Cor.*6 9 10,11. 1 *Tim.* 1 13. Phil. 3. 7 8, 9 why may not you? the more clearly you discern upon what grounds you take Christ, the more clear is your title to Christ.

3. By surveying, and observing in what manner you take Christ daily.

1. You do wholly renounce all opinion, and conceit of your own righteousness and desert, *Mark* 8. 34. Phil. 3.7,8, 9 So that you come to Christ empty of your self, very vile, yea nothing in your own eyes, unworthy to receive him.

2. You lay hold on Christ alone with an empty hand of Faith, joyning nothing at all with Christ in the matter of Salvation.

3. You find the Father drawing your heart after Christ. *Joh.* 6 44 in purging panting desires that will never be satisfied without him; so that the stream both of your judgement, *Phil.* 3. 7,8. and affections, 1 *Cor.* 2.2. *Gal.* 6.14. run towards him.

4. You take Christ as a Lord to rule you,

as well as [illegible]ve you, *Col.* 1. 6.

As one that is all. To you your All, your Wisdome, your Righteousness, your Sanctification and Redemption, 1 *Cor.* 1.30. your spiritual food, *Joh.* 6. Rayment, *Rom.* 13.14. Strength, *Phil.* 4.13. Life, *Gal.* 2.20. & 3.3.

5. You seek, and wait for Christ, out of the sense of your spiritual penury in every Ordinance, publick and private, Word, Sacraments, Prayer, Meditation, Conference; not as they are your own works of Sanctification but as they are Gods Ordinances appointed of purpose for the manifestation and communication of Christ to the soul.

Frequent perusal hereof will clear to you your manner of taking Christ, which will evidence to you your right in Christ.

III Labour to draw and derive from Christ (by the putting attractive force of faith,) ability sufficient for the day.

Phil. 4.13. 2 *Cor.* 3.5. *Joh.* 1.16.
1 To perform all the duties.
2 To exercise all the graces.
3 To resist and overcome all the temptation and corruptions.
4 To undergo all the trials, and afflictions thereof.

Make your provision of grace and strength from Christ, every morning, fetch so much as you shall have occasion to use all the day long,

[illegible]

yea and upon all occaſions, that fall out in the day, go to Chriſt ſtill for the wiſdome that muſt direct you, for the holineſs that muſt character you, for the ſhoulder which muſt bear them, if they be croſſes; for that ſtrength that muſt reſiſt them if they be temptations; to perform them if they be duties.

To this end, act your faith daily in the promiſes of grace and ſtrength, as *Ioh.* 1. 16. *Ezek.* 36.26,27. *Iſai.* 44.3. *Zech.* 10. 12. Which are both ſecurity given you by God, that you ſhall receive grace, and conduit-pipes, or inſtruments of conveying the ſame from Chriſt unto you.

This is the means to do all in the ſtrength of Chriſt, and to take forth a great deal of Chriſt into your ſouls, that not you, but Chriſt may live in you, *Gal.* 2.20.

IV. Perform daily duties both in Family and Cloſet, (eſpecially theſe three, of *Prayer*, *Meditation*, *Reading*) with ſerious intention, heat of affection, diligence and delight. *Ier.* 48. 9. *Mal.* 1.41. 1 *Chron.* 21.24. To this end:

1. Watch to theſe duties, *i.e.* keep the heart in a good frame for them, *Eph.* 6. 18. Undefiled with ſin, untainted by the World.

2. Take the fitteſt time for performance of them all; when you are leaſt dull and ſluggiſh. Begin the day day conſtantly with the thoughts of God.

3. Be very real, serious and substantial with God in them: endeavour to feel all duties at your heart, inlivening, inlarging, inflaming your affections. These be duties of most importance, and consequence, commodity, and comfort to the Soul, because they properly aim at, & reach to soul-good, and celestial happiness, to train up a Soul for heaven.

V. Fortifie your selves every morning, against your special lusts to which you are by nature most prone, or shall be most tempted, be it pride, passion, coveteousness, &c.

1. By Arguments and holy reasonings within your selves, drawn from the sad effects thereof, as disprofit, discomfort, disgrace, or the like, to discover the unreasonableness of your sin, and make your Soul ashamed of it. For example, shall I be proud? then I am sure to fall, for pride goes before a fall, and God will count me for his enemy, for God resisteth the proud. Shall I be angry? if I let passion in, I cannot keep Satan out. *Eph.* 4,26.27. I shall grieve the holy Spirit of God, *Eph.* 4.30,31. Shall I be covetous? I cannot but be very sinful, sith the love of money is the root of all evil, 1 *Tim.* 6.10.

2. By pondring in your mind Precepts in Gods Book, against your sin, judgements threatned, or inflicted for it, on proud *Herod*, voluptuous *Dives*, churlish *Nabal*.

3. By

3. By applying promises of mortification close to your hearts, as a plaster to the sore, for subduing your iniquity: *Micah* 7. 18, *Rom.* 6. 14

4. By drawing vertue from Christs death into the soul, which hath in it a killing force of sin, *Rom* 6.4,5.6. *Phil.*3.10.

5. Get your hearts strongly fixed on God, by trusting on him, *Psal.* 112. 7. and submitting to him, 2 *Sam.* 15.26 1 *Sam*, 3.18. against all the fears, cares, doubts, trials, afflictions of every day; for sufficient to the day is the evil thereof, *Mat.* 6.34. *To this end.*

1. Be prudent to foresee your personal trials and troubles, whatsoever they are like to be, *Prov.*22.3.

2. Go hide and lay up your self in *God*, run unto his Name, for *God* is a Rock of habitation to which a poor Soul may continually resort, God will give commandments to save him, *Psal.* 71.3. 1 *Pet.* 4.19.

3. Especially commit that very thing to *God*, put it in his hands, whatever you desire to keep, or fear to lose, 2 *Tim.*1. 12. Be it Life, Liberty, Name, Friends, Maintenance, *&c.* what you would have resolved if it be a doubt, *Psa.*37.5 or supplied, if it be a want, removed if it be a cross *Psal.*50 15. and together with the thing, cast all your care, fear, sorrow & trouble of mind about it,

wholly on the Lord, *Mat.* 6. 31. 1 *Pet.* 5. 7. *Pſal.* 55. 22.

4. Renew your Faith in thoſe promiſes every day which moſt concern your preſent ſtate; as in promiſes of ſupplies if you be in want. *Pſal.* 34. 8. & 27. 9. & 84. 11. *Mat.* 6. 30. of protection, if you be in danger, *Pſal.* 84. 7. of direction if in doubt, of deliverance if in trouble, of a good end and ſanctified uſe of all, *Deut.* 8. 16. *Iam.* 5. 11. *Rom.* 8. 28. *Heb.* 12. 10.

5. Labour to ſee Gods hand, *Pſal.* 34. 9. believe his love, *Heb.* 12. 6. *Rev.* 3. 19. and with all meekneſs and patience to reſign up your ſelf wholly to his will in every affliction, *Mat.* 26. 39.

VII. Get and keep a ſavoury reliſh continually of your Chriſtian priviledges, wherewith you are inveſted, as you are new creatures in Chriſt: *to wit.*

1. Of your dignity, that you are Gods Sons, Chriſts Brethren, Heavens Heirs, partakers of a high and heavenly Calling.

2. Of your Liberty, that you are the Lords Freemen, delivered out of the hands of all *enemies*

3. Of your Victory, that you are through Chriſt *more then Conquerors* over all the World of Creatures, 1 *Ioh.* 5 4. of evils, of temptations, of perſecutions, *Rom.* 8. 35, 39.

4. Of your ſafety, that you have Almighty God for your place of refuge, *Pſal.* 18. 2. a hedg

of providence, *Iob* 1. 10. a Guard of Angels, *Pſal.* 91. 11. an incloſure of mercy, *Pſal.* 2. 12. and Gods promiſe as a writ of protection for your defence, *Heb.* 13. 5, 6.

5. Of your Riches, as durable ſubſtance in heaven, *Heb.* 10. 34 an incorruptible inheritance 1 *Pet.* 1. 4. a Kingdome of Glory, a Crown of Life, for you are Heirs of God, and Co heirs with Chriſt.

6. Of your joy and pleaſure, precious for kind and plentiful for meaſure, *Pſal.* 16. 11. peace unconceivable, *Phil.* 4. 7. joy unſpeakable, 1 *Pet.* 1. 8. the Maſters joy.

Get your hearts affected with all theſe as being yours: chew and ſuck them by ſerious meditation work & warm them on your hearts by cloſe application rubbing them into your affections: Oppoſe theſe your ſpiritual privileges to all your temporal preſſures, ſetting the one againſt the other; as your heavenly friends to your earthly foes, your high dignity in Chriſt to your meaner in outward condition, your wealth above to your want below; your future joyes and reſt, to your preſent troubles and ſorrows: This will make you not only patient under the afflictions of this life, *Rom.* 12. 12. but joyful in them, *Rom.* 5. 3. and triumphant over them, 1 *Cor.* 15. 55. Thus did the Apoſtles, *Rom.* 8. 18. 2 *Cor.* 4. 17, 18, & 6 & 7. 10. Theſe will provoke to duty, 1 *Pet.* 2. 9, [illegible] & preſerve from fainting, 2 *Cor.* 4. 16, 17 [illegible]rom trouble of heart, *Iob.* 14. 1, 2.

VIII. Sanctifie God in your heart daily, 1 *Pet.* 3.15, make him your fear, *Isai* 8.14. your love and delight, *Psal.*37.4. *To this end.*

1. Have often high and honourable thoughts of God, serious meditation of his glorious Attributes, as his Wisdome, Power, Truth, Mercy Justice, *&c.* and work them upon your hearts, that they may ecche to them with pure and melting affections. This will increase and nourish up the Divine nature fast in you.

2. Labour to be affected with all the works of God, as to behold and admire the Wisdome of God in the creatures, *Psal.* 136.5 to see and taste Gods goodness in every mercy, *Psal.* 34.8. to take notice of and tremble at the anger & displeasure of God in all judgements, *Psa.* 119.120 *Hab* 3.16 that you may answer the dispensations of Gods providence, with suitable dispositions of your hearts carrying a counterpane in affection to all Gods actions.

3. Wrestle with God by Praying, and believing for an heart of flesh, *Ezek.* 36.26. which will receive impressions from the very thoughts of God in the mind. Also apply promises of particular affections, as of love, *Deut.* 30.6. fear, *Jer.* 32.40 delight, *Isai.* 58.14. There is heat and life in these promises, sufficient to quicken and warm the dead and frozen affections.

IX. Get a publick spirit, to mind the things

of Jesus Christ, as naturally as if they were your own things, *Phil.* 2.20 21. to look on the things of others, and prefer *Jerusalems* welfare before your chiefest joy, *Psal.* 137. 5, 6, and the Gospels liberty before your own, as *Paul* did; to mourn for the sins of the times, as the godly in *Jerusalem* did, *Ezek.* 6 4. Especially lay to heart,

1. The Churches misery, when Gods Ordinances go down, and Superstition goeth up, when Gods cause, and side, are put to the worse, when any thing falls out, which gives a blow to Religion, or proves an impediment to the Gospel, If the Ark be taken, call your comforts *Ichabods*, 1 *Sam.* 4. 21.

2. The afflictions of *Ioseph*, Amos 6. 6. The sufferings of Gods Servants, whither Ministers or People, Oh sympathize with them, *Heb.* 13. 3. *Nehem.* 1, 14. labour to feel their troubles and sorrows at your very hearts, and pray earnestly for them, as the Church did for *Peter*, Act. 12. 5.

3. The signes of the times, *Mat.* 16. 3. which hypocrites cannot discern, though they be well verted in the face of the sky, *to wit*, the sad symptome and presages of approaching judgements.

As the commonness of sin, for all sorts transgress in all kind of open sinfulness, with a high hand against light of nature, and means of grace.

2. Contempt of Gods Ordinances, mocking of his Ministers, 2 *Chron.* 36. 16.

De-

3. Departure of Gods glory from his House, *Ezek.9.3.*

4. Incorrigiblenes after former, and under present Judgements, *Lev.26.14, 15.*

5. The death of many righteous men, *Isai.* 57.1. the carrying away of others to hiding places.

6. The vials of Gods wrath poured on the Churches beyond the Seas, *Jer.17.12, 14.*

7. An Inundation of spiritual judgements, a spirit of Error, Superstition, Apostasie, *&c.* which do commonly end in temporal plagues, *Isai.*4.10, 11. Now the Holy Ghost is a publick spirit, breathing, and acting in all the members of the body mystical. Pray for it, *Luk.* 11. 13. believe for it, *Gal.* 5 14. *Ezek.*36.27.

X. Get your hearts weaned daily from the world, and from those creatures and comforts in it, which are dearest and sweetest unto you, as *Wife, Children, Friends, Goods, Liberty, House, Life:* this Christ requires of those that follow him, *Luk.*14.26,27. *Mark* 10. 29, 30. this will prepare you either to suffer, or to die, either of which may put you upon it to lose all.

To this end consider seriously:

First, That these things cannot satisfie your heart, when you have enjoyed them to the full, *Eccl.*4.8. & 5,10. you soon grow weary of them or glutted with them, so that you desire some new

elights, or more of the old, or some over again.

2. Nor can they sanctifie you, but expose you oft to many lusts, 1 *Tim.* 6. 9, 10. tentations, distractions, to a spirit of the world, and they hinder from following Christ, *Mat.* 9. 22.

3. Nor can they save you from Gods wrath, from death, or *judgement*, *Prov.* 11. 4.

4. The wicked whose portion is only here, have often the greatest share of them, *Psal.* 17. 14 *Job* 21. 7 to 14.

5. They serve only for this life, whilst we are on this side of the grave; they shall not be the least ingredients into our celestial happiness. When we do come to be happy in heaven, we shall stand in no need of food, rayment, physick marriage, &c. *Mat.* 22. 30. for we shall be like the Angels of God in heaven, we shall hunger no more, neither thirst any more, *Rev.* 7. 16. we shall live by the alsufficient Spirit of God, which never needs refreshing; we shall be clothed with long white robes, of immortality, *Rev.* 7. 9. *In a word*, when we come to heaven, the place of Gods habitation, we shall enjoy the face and beatifical presence of the most glorious *Jehovah*, blessed for ever, as an object wherein all the powers of the Souls will be satisfied with ineffable delight, and everlastingness, God will be unto us All in All, 1 *Cor.* 15. 28.

FINIS.